



DAVIS COUNTY HEALTH DEPARTMENT

Davis County Courthouse Complex
PO Box 618
Farmington, Utah 84025

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Contact:
Bob Ballew
Public Information Officer
Office: (801) 451-3501
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
Courthouse Annex
50 East State Street
Tel: (801) 451-3351
Fax: (801) 451-3242

Environmental Health Services Division

Delane D. McGarvey,
M.Ed., E.H.S.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

Family Health & Senior Services Division

Sally Kershnik,
R.N., M.P.A.
Associate Director
Courthouse Annex
50 East State Street
Tel: (801) 451-3354
Fax: (801) 451-3242

News Release

First Davis County Case Of H1N1 Flu Confirmed

(Farmington, Utah) – Results from the Utah Public Health Laboratory confirmed the first case of H1N1 virus (swine flu) in Davis County. The case involves a school-aged child.

Lewis Garrett, director of the Davis County Health Department, said, “We’ve been monitoring the absentee rates in the schools and keeping in close contact with the local health care providers to know when this novel flu virus reached Davis County residents.”

He cautioned that this probably won’t be the last case within the county considering how quickly the virus has spread in other areas. Most U.S. H1N1 cases have not been severe and are comparable in severity to seasonal influenza.

Symptoms of the flu include headache, body aches, and fatigue; fever of 100 or more degrees, chills, sore throat, cough. Also, diarrhea and vomiting might be present.

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Garrett reminds everyone that the best way to avoid getting or spreading the flu is to follow the recommendations of the Centers for Disease Control and Prevention. According to the CDC, people should:

- Stay home from school, work, and other social gatherings when you are ill.
- Cover your nose and mouth with your elbow or a tissue when you cough or sneeze.
Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth, as germs can more easily gain entrance into your body through those areas.
- Call a 2-1-1 operator or your health care provider for advice if you show flu-like symptoms.

Information and links can be found on the county health department's Website at www.daviscountyutah.gov/swineflu.

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